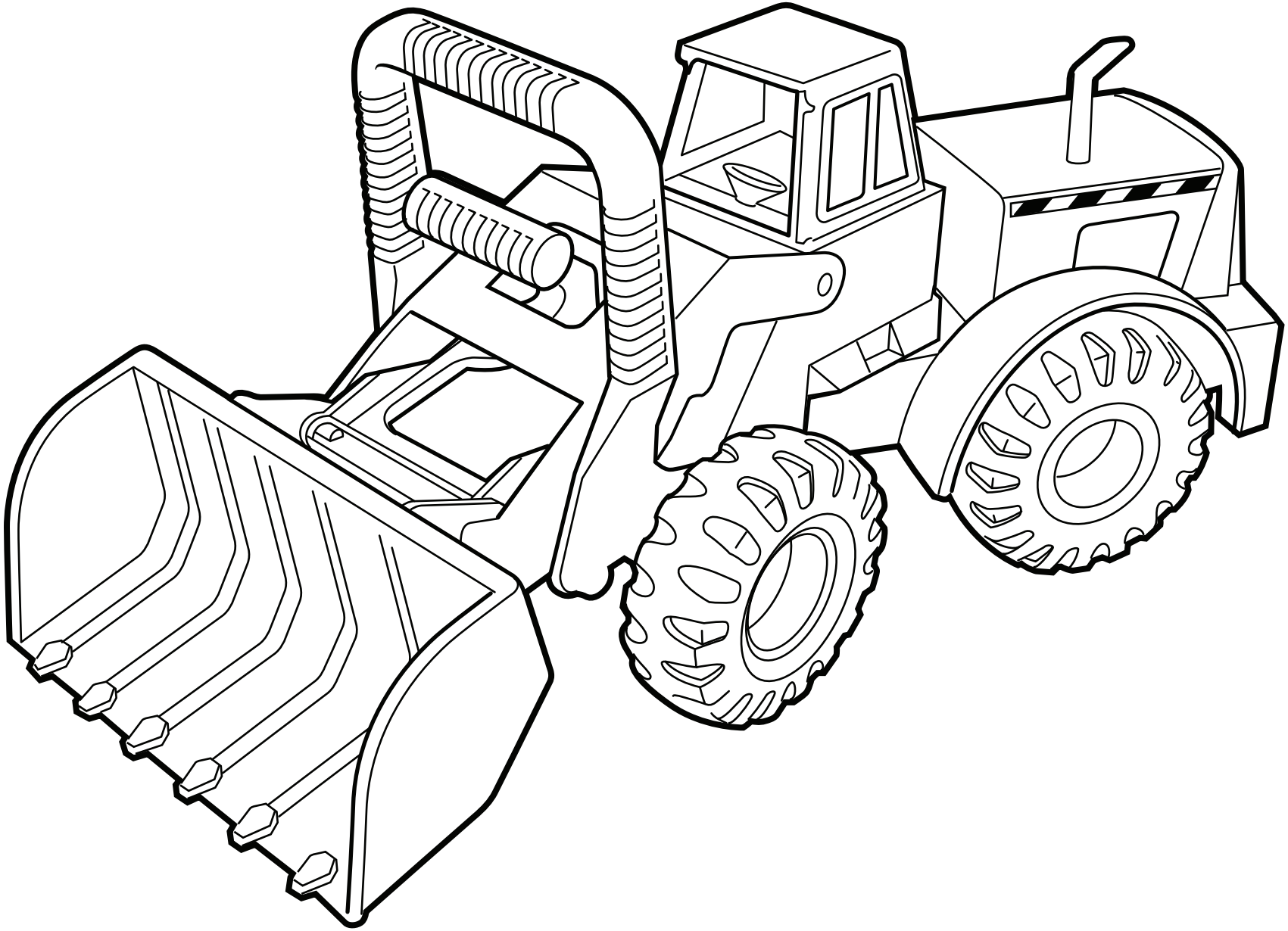Tonka